



Floss

Flossing at least once a day in between your teeth helps your gums stay healthy!  
#oralhygiene #obvious



once a day in between your teeth helps remove plaque and keeps your teeth healthy!

Flossing at least

<https://www.youtube.com/watch?v=KNw65vGnV5U>

Brush

Build healthy habits when young. Brush your teeth twice a day! #obvious #oralhealth



systematically!

Brush your teeth

<https://www.youtube.com/watch?v=KNw65vGnV5U>

Braces

If ur teeth r growing unevenly, a corrective appliance might be recommended, the most common being braces!  
#orthodontics



are growing in unevenly or in a pattern not best for your mouth a corrective appliance might be recommended, the most common being braces! It is one of the treatments an orthodontist may use to

If your teeth

<https://www.youtube.com/watch?v=HCeKQFNyZWk>

guide your teeth back into place.

## Pulp

Did u know that teeth are not dead bone? The most inner core of the tooth is the pulp which has nerves & blood vessels to keep the tooth alive!



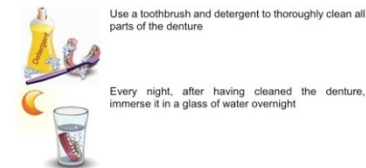
Did you know that teeth

<https://www.youtube.com/watch?v=Hv4pg1P77DI>

are not dead bone? As mentioned previously, the most outer part of the tooth is enamel. The next layer is the dentine. The most inner, sensitive core of the tooth is the pulp, which has nerves and blood vessels to keep the tooth alive.

## Denture

Do your grandparents have dentures? Remind them not to wear false teeth overnight so as to avoid fungal infections! #stayaware #family



I

<https://www.youtube.com/watch?v=asx-b4xGRRw>

nform your grandparents of good denture hygiene! Follow these instructions to avoid possible fungal infections.

## Enamel

Enamel is the outer surface of the tooth. It is hard but can still decay bc of plaque! Saliva helps bring minerals to keep it strong! #brush



There are different

<https://www.youtube.com/watch?v=QGy4uEWLoow>

parts to a tooth: enamel, dentine & pulp! Enamel is hard but can still break down if you let plaque accumulate! Saliva is one of the body's defense to bring minerals to the enamel to keep it strong, neutralize acids and wash away food particles.

## Sealant

Sealants can be applied to the deep grooves (chewing areas) of your molars to prevent plaque build-up and cavities. #askyourdentist



[Sealants can be applied](https://www.youtube.com/watch?v=2X9Zk5LcJaU)

<https://www.youtube.com/watch?v=2X9Zk5LcJaU>

[to the chewing areas of your teeth to prevent plaque that causes cavities in the deep grooves of your teeth.](https://www.youtube.com/watch?v=2X9Zk5LcJaU)

## Genetics

Genetics plays a factor in certain dental issues, like your facial profile or future oral and general health problems! #seeyourdentist



The

<https://www.youtube.com/watch?v=iKn8FQa8F34>

Source: dearholisticdentist

saying, “Like father like son/like mother like daughter” is true for jaw and tooth development. Genetics plays a factor in certain dental issues, like your facial profile or future oral and general health problems!

## Caries

Tooth decay, also known as dental caries, is most likely to form in the deep grooves of your teeth. #brushaftereating #floss #nosnacks



Tooth decay, also known as

[https://www.youtube.com/watch?v=\\_oIlv59bTL4](https://www.youtube.com/watch?v=_oIlv59bTL4)

dental caries, is most likely to form in the deep grooves of your teeth. Avoid formation by brushing after eating, flossing, and avoiding sugary snacks.

## Restoration

When u have a cavity, u may need a restoration (filling). Ask ur dentist about the different types of filling materials available! #seeyourdentist



When you have a cavity,

<https://www.youtube.com/watch?v=yWIBrXnoBJk>

Source: dentistincolumbusga

you need a restoration (filling). There are different materials that can be used to fill your cavity, like amalgam, which is silver in colour like the picture below.

## Fluoride

Application of topical fluoride (available in gel or varnish) on tooth surfaces can prevent caries/reduce tooth sensitivity. #seeyourdentist



The application of topical fluoride on the tooth surfaces can prevent dental caries or reduce tooth sensitivity. It can be available in gel or varnish.

[http://www.youtube.com/watch?v=5w\\_pz0hi8ew](http://www.youtube.com/watch?v=5w_pz0hi8ew)

Source: drcivils - Melanie, a dental assistant with Drs. David and Janna Civils talks about different kinds of fluoride

## Plaque

Plaque is a biofilm that contains bacteria and if it is not removed could cause periodontal disease and cavities. #oral hygiene #brush



Plaque is a biofilm that contains bacteria and if not removed could cause periodontal disease and cavities.

Plaque is a biofilm

<https://www.youtube.com/watch?v=2X9Zk5LcJaU>

## Extraction

When your dentist says you need an extraction that means the tooth needs to be pulled out! #prevent #staycalm



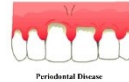
Sometimes if the cavity in your tooth is too extensive, your dentist may say you need an extraction – which means the tooth needs to be pulled out!

Sometimes if the

<https://www.youtube.com/watch?v=NCCH3I12QFI>

## Periodontal

Bleeding of the gums? You may be suffering from a disease that destroys the gum around the root(s) of a tooth called Periodontal Disease! #seeyourdentist



Bleeding of the gums?

You may be suffering from a disease that destroys the gum around the root(s) of a tooth called Periodontal Disease!

<https://www.youtube.com/watch?v=kWJfL0-d6yY>

## Fistula

Fistula is an abnormal connection between two areas or vessels that usually do not connect i.e. sinus & oral cavity. #learn



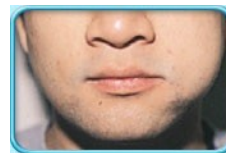
A fistula is an

abnormal connection or passageway between two areas or vessels that do not usually connect. For example, an oro-antral fistula can occur as a complication of the extraction of an upper tooth where a pathway is opened between the sinus cavity and the mouth.

[http://www.youtube.com/watch?v=cCA\\_x9ZgU1Q](http://www.youtube.com/watch?v=cCA_x9ZgU1Q)

## Cellulitis

Facial infections i.e. cellulitis may become life-threatening if left untreated. It is usually related to problems with wisdom teeth #checkup



Facial infections

such a cellulitis may become life-threatening if the swelling is

<http://www.youtube.com/watch?v=ZEVjK3AiEeE>

untreated. Cellulitis infections are more likely to be related to problems with wisdom teeth. Consult your dentist if feeling these symptoms: pain and swelling of the cheek, difficulty in opening the mouth, pain when swallowing, swollen lymph nodes in the neck, fever, and/or bad breath.

## Abscess

A bad tooth infection can cause a pus-filled boil (abscess) in your gum.  
#seeyourdentist



## An oral

<https://www.youtube.com/watch?v=YDCbiG9cZBA>

abscess is a true dental emergency. From a bad tooth infection, fluid forms in the jaw bone developing into pus-filled abscess that causes painful swelling. It's like a pimple or boil in your mouth.

## Incipient

When the minerals of the outer layer of the tooth are destroyed by acids but has not reached dentine yet, this is known as incipient caries.



## When the

<https://www.youtube.com/watch?v=0UfBHb-SOpM>

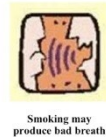
minerals of the outer layer of the tooth are destroyed by acids but the bacteria has not caused a cavity and has not reached the inner layer of dentine yet, this is known as incipient



caries.

## Halitosis

Bad breath is known as halitosis. This can be caused by smoking or if u don't brush ur tongue, or eat certain foods like garlic&onions!



## Unpleasant mouth

<https://www.youtube.com/watch?v=eBcb3bFTAbs>

odour is known as halitosis. This can be caused by smoking or if you don't brush your tongue, or eat certain foods like garlic and onions.

## Malocclusion

When your teeth are not in the correct alignment between your upper and lower teeth - that's called malocclusion. #beinformed



## When your

<https://www.youtube.com/watch?v=ZSxt13wgyHQ>

teeth are not in the correct alignment between your upper and lower teeth - that's called malocclusion.

## Gingiva

Healthy gingiva (gum) is pink and tightly bound down to a tooth with no unexplained bleeding or swelling. #oralhygiene #brush #floss



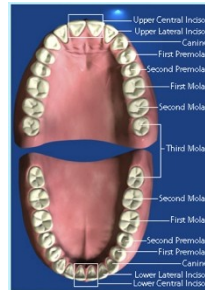
## Healthy

<https://www.youtube.com/watch?v=KWYDBl29qxo>

gingiva (gum) is pink and tightly bound to your tooth without any unexplainable bleeding or swelling.

## Dentition

A normal set of teeth (dentition) has 32 teeth including 4 wisdom teeth. Types of teeth, includes the incisors, canines, and molars. #learn



A normal set of

<https://www.youtube.com/watch?v=4ybPifimHqs>

Source: TutorVista

human teeth (dentition) has 32 teeth including 4 wisdom teeth. It consists of several different types of teeth, including incisors, canines, and molars.

## Bruxism

Teeth grinding (bruxism) causes tooth wear especially when stressed at night. #seeyourdentist #relax



Teeth grinding, also

<https://www.youtube.com/watch?v=a-igubcZnWs>

known as bruxism, can be the cause of tooth wear. If severe, you should go to a dentist as soon as possible. The dentist will give appropriate treatment such as fabricating a “mouth guard” to keep the tooth substance from being worn down.

## Hyperemia

When the pulp is fighting infection the blood flow increases (hyperemia) to inflamed pulp tissue to deliver immune cells to the area #learn



When the

<https://www.youtube.com/watch?v=YDCbiG9cZBA>

pulp is fighting infection the blood flow increases (hyperemia) to pulp tissue (inflamed tissue) to deliver immune cells to the area.

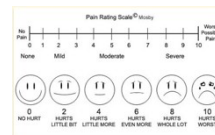
## Analgesia

You can get over-the-counter products such as Panadol TM for dental pain relief/analgesia. #relief

You can get over-the-counter products such as Panadol TM for dental pain relief/analgesia. For more severe pain, your dentists can prescribe stronger analgesics.

[http://www.youtube.com/watch?v=yyBChwW\\_RoI](http://www.youtube.com/watch?v=yyBChwW_RoI)

Source: Mosby



Pain Scale

## Hypoplasia

Enamel hypoplasia is defect of the protective enamel which makes the tooth thin and brittle! #cariesrisk #seeyourdentist



Regular dental check-ups

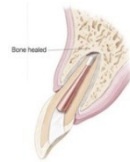
[http://www.youtube.com/watch?v=vC\\_kqUs0SAA](http://www.youtube.com/watch?v=vC_kqUs0SAA)

should start from a young age. Your

dentist or hygienist can then identify conditions such as hypoplasia. This thinning of the protective enamel is a likely place for decay to start.

## Apicectomy

If a root canal fails, you may need an apicoectomy, where they remove the tip to clean the infection at the tip of the root. #endodontics



The root of a tooth

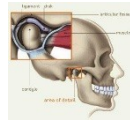
<https://www.youtube.com/watch?v=-f2dxVabmDY>

anchors it into the jaw bone. Infection of the root canal is usually treated by specialist endodontists. If unsuccessful, they may have to remove the tip of the root in a complex procedure called apicoectomy.

Source: Endodontics in Cranberry –  
Images by Higher Images -  
<http://www.endointheberry.com/>

## Temporomandibular

Temporomandibular joint is the major joint connecting your lower jaw to the skull. You can feel it move when you chew, talk and yawn #learn



The temporomandibular

<https://www.youtube.com/watch?v=KrsRvjNPuGE>

joint connects your lower jaw (mandible) to the temporal bone at the side of the head. If you put your fingers to the just in front of your ears

and open your mouth you can feel the joint move up and down and side to side which happens when you chew, talk, and yawn.